

WBAALAS NEWSLETTER

Connect with us on  Facebook



IN THIS ISSUE

- ♦ Call for Newsletter Submissions
- ♦ National AALAS Meeting Oct 19–23, 2014
- ♦ How Do You Advance Your Career in Laboratory Animal Care?
- ♦ Submit an Article for Publication to *Laboratory Animal Science Professional*
- ♦ Creating a Culture of Care -AALAS WeCare Website
- ♦ Share Your Cute Photos!

Your First Step on the Path to Outreach

Consider the Washington Branch Newsletter your first step on the path to outreach!

The Washington Branch AALAS Newsletter is now accepting new articles for publication.

Do you have a husbandry tip or trick that has worked wonders in your facility? Have you discovered any new information other technicians may find helpful? Any advice to technicians studying for certification? Write it up and send it in!

Long articles, short quips, big ideas, smaller tips, quotes that inspire, something to inquire... we want them all, so please answer our call!

Please send your articles, pictures, snippets, and blurbs to newsletter@wbaalas.org for publication.

Would you like a little help or assistance writing an article for the newsletter? Contact the WBAALAS **Newsletter Editor** (newsletter@wbaalas.org).

AALAS 65TH NATIONAL MEETING



By: Andrea Swanson

**AALAS 65th National Meeting
San Antonio, TX
October 19–23, 2014
Henry B. Gonzalez Convention Center**

Did you ask your employer to fund sending you to the national meeting yet?

No? No worries, there is still time! To help you write a request letter to your supervisor try using the example in the link provided. Scroll to bottom to view the example [Conference Cost Justification Letter Template from PRIM&R's](#) to help you. There are many different templates available online to use but this one can be easily converted into being for the national AALAS meeting. A summary of useful links to help

WBAALAS NEWSLETTER



AALAS 65TH NATIONAL MEETING



you research the information needed for the letter are available below.

Already are registered? Use the links below to also get you geared up to attend the national meeting this year! Another reason to read the information linked below is you will already have your list of workshops and seminars to attend and be even more excited!

1. [AALAS website](#)

2. [AALAS Facebook Website](#)

3. [Registration Information](#)

-Already a member- [register using the online portal link](#)

4. [Preliminary Program 2014](#)

-[Android Phone App for preliminary program](#)

-Lots of information but start with the seminars and work your way through the packet (81 pages!)

-Note the day of the week highlighted on each page to help you keep track

-Remember the workshops have fees associated with them

5. Find your airline and hotel deals

-Check out Southwest Airlines for cheap tickets to San Antonio

-If you stay in a hotel a few blocks to a few miles away from the event, remember to add transportation (bus, rental car, taxi) costs to your cost justification letter

6. [Special Events Page](#)

7. [Abstracts from previous meetings](#)

Don't forget to attend the District 8 membership meeting on Monday, October 20, from 5:15 to 5:45 p.m. Check your Final Program for room assignment. More information will be available on our website closer to the meeting.

WBAALAS NEWSLETTER



How Do You Advance Your Career in Laboratory Animal Care?

By: Andrea Swanson

Don't get stuck! A great aspect of working in animal care is there are many different options for advancement. Animal Care has a wide range of knowledge, skills and opportunities. Continue to advance your knowledge and competitive edge in job markets by following the tips below.

1. Keep track of your own benchmarks!

- Discuss yearly goals with your supervisor during performance evaluations. There is always new things to learn!

2. Update your CV/Resume annually

- Even if your not currently looking for a job, keep track of your achievements, certifications and new acquired skills. Also note any improvements in previous skill level and conferences attended.

3. Go the extra mile!

- When you are done with your work, ask if there is anything you can help with.
- Also, ask your supervisor to be trained on new procedures or technical skills.
- Stay late and outside normal work hours to volunteer your time to learn new procedures or surgery training.
- Job shadow a coworker who is in a position you one day would like to move into.
- Having experience and showing interest will help you advance in the future.

4. Earn your [certifications through AALAS](#).

- See [July's newsletter](#) for more information on how to ask your employer for assistance.

WBAALAS NEWSLETTER



5. Volunteer with local organizations

Consider sending in your writing to newsletter@wbaalas.org for publication. Need help or assistance writing an article for the newsletter? Contact the WBAALAS Newsletter Editor (newsletter@wbaalas.org).

- Volunteer opportunities are also available with [national AALAS](#)
- Sign up to be a judge of the [middle school science essays from NWABR](#)

6. Watch free webinars and online conferences.

- The Vet Bioscience Institute sometimes has [free webinars](#) and their annual free BioConference Online.
- JAX mice [free webinars](#)
- OLAW [online seminars](#)

7. Read! Keep up-to-date on new information

- Follow organizations news updates and social media sites on Facebook
- [AAALAC news](#)
- [OLAW news flashes](#)
- Join the Listservs through AALAS (COMPMED and TECHLINK)
- Sign up for newsletters through email ([ALN](#), [Enrichment Record](#), [Lab Animal](#)...)

8. Read job postings and descriptions to help you decide the area you wish to take your career next.

- The listervs mentioned above from AALAS often post job opportunities and job descriptions. The qualifications area is helpful when determining what you enjoy doing and want to move into in the future.
- The information can also help when discussing long term goals with your supervisor.

To find out more check out the related article found in ALN (Animal Lab News) magazine called, [Raising your Professional Profile](#).

WBAALAS NEWSLETTER



Submit an Article to *LAS Pro*

LAS Pro (Laboratory Animal Science Professional)
published by AALAS

By: Andrea Swanson

A great way to advance your professional skill set is to write and publish articles in magazines and newsletters. To start, find the magazine or newsletter that often publishes articles related to your interests and expertise. There are many available online ([ALN](#), [Enrichment Record](#), [Lab Animal](#)...)

Not sure if your ready to write an article for a magazine? Try submitting an article, tech tip or summary of an interesting article to WBAALAS newsletter. Email submissions to newsletter@wbaalas.org. We are currently seeking submissions for our quarterly newsletter.

Once you have the type of magazine or newsletter you want to submit to, check the submission guidelines before you start. When you have any questions, contact the person listed on the webpage.

Ready to write your submission? Below are some of the submission guidelines for AALAS's magazine for technicians called [LAS Pro \(Laboratory Animal Science Professional\)](#). Additional information can be found on AALAS's website linked above.

Submission Guidelines for LAS Pro Magazine Article Submissions

1. What type of articles are typically published in LAS Pro?

WBAALAS NEWSLETTER



Submit an Article to *LAS Pro*

A tech tip, a featured article, or an opinion/editorial. A more detailed description of each is available by clicking on the link provided above.

2. How long can your article be?

Suggested 500-1000 words for a Tech Tip Article and 750-1500 words for a Featured Article, both submitted in MS word file format.

3. Can I include photos?

Yes, all images should be labeled in the text and attached separately. Original photos in 300 dpi and high resolution tif or jpeg files only.

Below is the 2014 Focus & Deadlines for Submission for LAS Pro. There is still time to write and submit an article for the Animal Models issue.

Topic	Issue	Article Submission Deadline
Enrichment Strategies & Animal Husbandry	March	January 20
Management, Career Training & Development	June	April 20
AALAS National Meeting	September	July 20
Animal Models	December	October 20

WBAALAS NEWSLETTER



Creating a Culture of Care

By: Andrea Swanson

What are facilities doing to help create a culture of care inside their vivarium's?

Are you up to the challenge to care? Check out the new [WeCare website from AALAS](#) to find out more.

How do you help create a culture of care at your facility? Do you already have a program in place? Share your story with WBAALAS for our next newsletter.

If not, one way to start is by posting signs on colony room doors saying "This is Our Home" with pictures of the species housed inside. Check out this [link for some rat example images](#) and ideas of different poses. You can also list emergency contact numbers, PI's names or other pertinent info onto the same sign.

Other examples of how your facility can help foster a culture of care are outlined below.

1. Have a photo & caption contest within the facility to help choose the images used each year for the colony room doors.

2. Rewards/certificates

- When achieving low incident rate goals set each quarter or year.
- Hand out each year to staff consistently performing best practices in the vivarium.

3. Training Games

- Team building exercises; try the observation games mentioned in the [Trade Fair Review article in July's newsletter](#).

4. Discuss various topics at staff meetings

- Have trouble coming up with them? Use a suggestion box or shared file online to help brainstorm ideas ahead of time.
- New enrichment studies published recently
- How to discuss bio-medical research to those outside of the field
- Subscribe to listservs, online magazines and newsletters. Bring summary of favorite culture of care stories to share

WBAALAS NEWSLETTER



Share Your Cute Photos!

Share some of your favorite lab animals photos for your Culture of Care program at work. Contact us by email and attach your photos. The submissions can be anonymous. Capturing the perfect image of a mouse is harder then you think! To help make it easier try snapping the photo (remember to turn the flash off!) while the mouse is snacking on a treat.

